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Subject: "SICKROOM HELPS AND LABOR-SAVERS". Information from the Farm Security
Administration, U. S. Department of Agriculture.

Sooner or later, most of you homemakers have to wait on somebody sick
in the family - maybe a husband with the flu or a child with the measles. When
that happens, you're glad for anything that will help you make your patient more
comfortable and lighten your extra work, aren't you?

Home supervisors of the Farm Security Administration often make
suggestions on care of the sick when they visit the farm families they assist.
Although most of these ideas aren't original, they are simple and practical and you
may find some of them useful.

For example, it's easy to raise a patient's bed to a comfortable height
and save you needless backstrain. Just use some "bed blocks." You can make the
bed blocks yourself by taking four blocks of solid hardwood, say 10 to 12 inches
high and 6 to 8 inches square. Bore holes in them 4 to 6 inches deep, and large
enough to fit the legs of the bed, preferably with casters removed. If you can't
get solid wooden blocks, you can take four big tin cans about the same size and
fill them about three-fourths full of sand. Put the detached can top on top of
the sand inside each can, so the bed legs won't sink down.

If your patient needs a back rest, try slipping a washboard into a
pillowcase or lean a folded card table or bread board on a slant against the back
of the bed. Or use a straight-back chair, bottomside up, so its legs lean against
the head of the bed and its back forms an inclined plane. Cover it with pillows
to make it more comfortable.

You can make a bed table by knocking out both sides of a soap box or
orange crate, and paint or paper the box, or cover it with gay-colored cloth. Tack
cloth or paper pockets on the ends, or to the side of the bed, to hold toys or other
small articles. For a single bed you can make a simple bed table by putting an

ironing board across the bed, resting it on the backs of two chairs with seats
facing each other under the bed. You can make a bed pad by stitching together old
newspapers, and perhaps covering them with bleached feed-sack cloth, and binding
around the edges. Instead of rubber sheeting, you can use heavy brown wrapping
paper, oilcloth, or pieces of an old raincoat.

For an ice bag, you can tie together the ends of a piece of inner tube,
sew up the sleeve of an old raincoat, or fold over the zippered edge of a vegetable
bag. Instead of a hot water bottle, you can use the old standbys such as bricks,
flat-irons, lids of dutch ovens, and cloth bags filled with salt, sand, small
grain or meal.

If you don't have a glass tube for drinking through, you can use a
stick of macaroni, or even a teapot, coffee pot, cream pitcher, or gravy boat.
For a food tray you can use a framed picture, shallow pan, or flat pasteboard box.
For a door silencer, you can tie a sponge, cloth, or piece of rubber between the
two handles of a door knob. To make a wheel chair, you can attach casters to the
legs of a straightback chair.

Farm Security reports that groups of women in its borrower families
sometimes get together and outfit medical supply kits to exchange among themselves
during sickness. A typical kit may contain 4 sheets, 6 pillow cases, half a dozen
towels, 4 washcloths, a hot water bottle, ice cap, rubber bed sheet, bed pan,
gauze, cotton, and several other articles. Each member of the "cooperative" is
entitled to use the kit for only 25 cents a week, plus the expense of having
soiled linen laundered. The small fees create a reserve fund to buy and replace
articles. One woman in each community is chosen to be mainly responsible for the
kit, and to circulate it.

But say, I hope I'm wasting my breath in giving you these suggestions
......because I hope you don't need them!

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